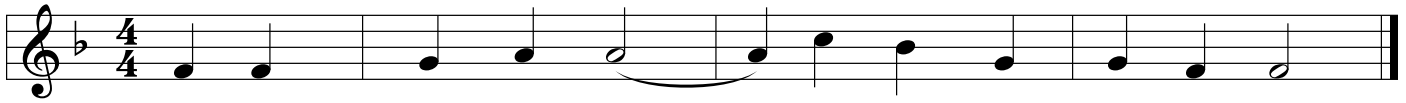
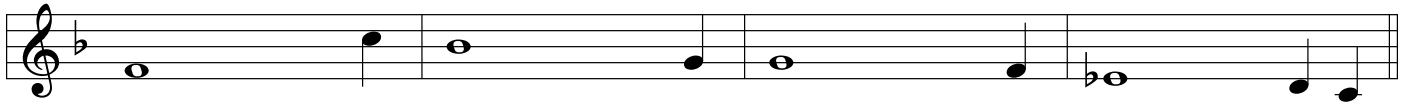


Third Sunday of Easter

Psalm 30



I will praise you, Lord, ——— for you have res - cued me.



I will exalt you, O Lord, because you have lifted me · **up**
and have not let my enemies triumph · **over_me**.
O Lord my God, I cried out to · **you**,
and you restored me · **to** health.

You brought me up, O Lord, from the · **dead**;
you restored my life as I was going down to the · **grave**.
Sing to the Lord, you servants of · **his**;
give thanks for the remembrance · **of_his** holiness.

For his wrath endures but the twinkling of an · **eye**,
his favour for a · **lifetime**.
Weeping may spend the · **night**,
but joy comes · **in_the** morning.

While I felt secure, I said, "I shall never be dis·-**turbed**.
You, Lord, with your favour, made me as strong as the · **mountains**."
Then you hid your · **face**,
and I was filled · **with** fear.

I cried to you, O Lord; I pleaded with the · **Lord_saying**,
"What profit is there in my blood, if I go down to the Pit?
will the dust praise you or declare your · **faithfulness**?
Hear, O Lord, and have mercy up·-**on_me**;
O Lord, · **be_my** helper."

You have turned my wailing into · **dancing**;
you have put off my sack-cloth and clothed me with · **joy**.
Therefore my heart sings to you without · **ceasing**;
O Lord my God, I will give you thanks · **for** ever.